



## 33. Alteburglauf Arnstadt

Arnstadt / 06.05.2011

### Detailed evaluation

**Pohl, Günther**

Club: LTV Erfurt

Number: 1535

Course: 10.00 km

Hauptlauf

Category:

Männer M70

Total time: 53:52

Speed: 11.14 km/h

Running performance: 5:23 min/km

Rank in course/Total: 88 (of 120)

Rank in course/Men: 75 (of 89)

Best time in course: 36:14

Rank in category: 1(of 3)

Best time in the category: 53:52